



Focus on Fatigue

Q. What is the most frequently-cited aeromedical causal factor in naval aviation mishaps?

A. Fatigue

Fatigue is more insidious than hypoxia, loss of consciousness, dehydration, and even spatial disorientation. This issue of *Approach* takes a look at fatigue, and includes valuable information from our aeromedical experts. We're including a safetygram from VFA-32, and several "There I was" stories to reinforce the need to not just recognize fatigue, but to prevent it. When you consider that fatigue is four times more likely to contribute to workplace impairment than drugs or alcohol, it's not just a problem for aviators, but for everyone in the aviation community.

Know the crew rest instruction in OPNAVINST 3710.7T and follow its guidelines. Any mishap where fatigue is a causal factor is preventable—fatigue is a Blue Threat.

For more aeromedical information go to: www.safetycenter.navy.mil/aviation/aeromedical/

Culture Workshop

The Culture Workshop (CW) is a proactive leadership tool adopted by naval aviation to assist in mishap prevention following a series of high-visibility organizational mishaps in the early to mid-1990s. CW is a principle-based process that provides an in-depth and unvarnished look at how a command does business, with a focus on organizational human-factor hazard identification through the lens of the command's warriors.

Culture workshops:

- Provide a simple tool for commanding officers to evaluate their organizational culture for previously unidentified hazards that may pose risk to mission accomplishment.
- Positively influence the warrior ethos over the course of a generation (progression from E1-E9/O1-O9), to maximize the lethality of every dollar expended, preserve assets and lives, and make sure each member of the organization understands their relevance and importance to mission accomplishment in an era of ever-increasing fiscal constraints.

Proactive in nature, the CW is intended to afford the unit commander actionable items so that after the workshop, the leadership team can make midcourse corrections and implement control measures to facilitate continued operational excellence and mission accomplishment.

The CW is conducted over two days while the squadron operates normally. The CW is conducted for the commanding officer and all results stay within the squadron. COs have an opportunity to provide the Naval Safety Center an input as to what they are seeing as hazards and barriers to operational excellence. The top six hazards identified by COs over the past year are:

- High OPTEMPO
- Resource shortfalls and funding
- Communications up and down the chain of command
- Personnel shortages and lack of qualified personnel
- Complacency
- Personal misconduct (drugs and alcohol)

For more information and to schedule a CW for your command, go to the Naval Safety Center's culture workshop homepage at: www.safetycenter.navy.mil/culture/

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Aviation Statistics

The "Aviation Daily Summary" is a daily look at aviation mishap rates. This information and other statistical data is available at: www.safetycenter.navy.mil/statistics/